

TIPS FOR PARENTS

Grocery Shopping with Families

During today's session, we talked about shopping together as a family. We did a few activities to help your children learn about good nutrition and to help them get ready for school. This sheet will give you some more ideas.

Today's Learning Activities:

- Listened to music about shopping: "Let's Go to the Market" by Greg and Steve on *Let's All Live Together, Volume 5*
- Read *Feast for Ten* by Cathryn Falwell
- Talked about how to get ready for shopping
- Talked about ways to make shopping fun
- Practiced some learning games for children



How You Can Continue This Learning:

As a parent, you are your child's first teacher. You can help them learn more about shopping by doing some of the same activities again that we did today. You can also do some new ones. Here are some ideas:



Other Books You Might Read:

- *Market Day* by Lois Ehlert
- *To Market, to Market* by Janet Stevens
- *Jonathan Goes to the Grocery Store* by Susan Baggette
- *What's For Supper?* by Mary Risk
- *The Berenstain Bears at the Super-Duper Market* by Stan & Jan Berenstain
- *The Shopping Basket* by John Burningham

Other Activities You Might Do Together:

- **Music:** Sing songs or say nursery rhymes with children about shopping, such as *This Little Piggy Went to Market*
- **Art:** Make a kid-friendly shopping list from cut out magazine pictures. Draw a picture of a grocery store together.
- **Math:** Count how many of each food you buy at the store, and notice size, shapes of food.
- **Cooking:** Pick a recipe for a simple dish, make a shopping list, buy the food at the store and then make the dish from the foods you bought together.
- **Social Studies:** Talk with children about the workers they see at the grocery store. Go to a farmer's market nearby and talk about how it differs from the grocery store.
- **Drama:** Set up a pretend store with a cash register and play-act picking out foods.